

Your Meet Day Agenda - adapted from barbend.com

All weightlifting competitions always follow the same schedule. Get to know the order of operations to stay ready for when it's your turn to perform.

Weighing In

Weigh-ins usually take place a few hours before your session begins. **It will be planned dependent on the subscriptions. In the case of a Dutch Strength club competition it's scheduled to last 45 minutes and you will present with your group 15 minutes before the first lift of the competition.**

Each lifter is called individually to be weighed. Identification is done with an official ID/passport. Each person is given a "lot number", which is a randomized order that they weigh you. Youth lifters (13-16 yr) are required to weigh in with a parent present.

When you weigh-in, you have to be within the parameters of the weight class that you registered for. The weigh-in is done in your lifting clothes - at club competition a singlet is not obliged. At a club competition based on **points** no correction of clothes is done like international (maximum 250 grams).

The official will then ask you what your **estimated opening attempts** for the snatch and clean & jerk are going to be. You have two chances to change your openers once the competition begins. You'll provide your signature to seal the deal, then briefly rest until it's time to start lifting.

Warming Up

Start lightly warming up your body with some light cardio or stretching about 30-45 minutes before your session. All meets have a designated warm-up area, or "back room", in which the competitors prepare for their official attempts.

Our Dutch Strength organization can redirect you to a specific barbell warm-up platform to make sure athletes and coaches don't struggle to obtain a spot and barbell.

Begin your [barbell warm-up](#) in the back room 20-25 minutes before you go onto the platform. Gradually [increase the weight on the bar](#) from the empty bar to your opening weight over the course of 5-10 attempts, while your coach watches the card table to see where you're placed in the order.

The time you should start warming up depends on where you're currently placed in the cards.

The Cards

Each lifter in the session has a designated card. The cards are placed in order of the declared attempts from lowest to highest weight, and this determines both the order of the lifters and what weight is loaded on the bar.

You can change your opener twice before taking it. After you take your lift, you or your coach must go directly to the cards table within 30 seconds to declare the weight you're taking for your next lift.

If your lift is successful, there's an automatic one-kilogram increase in weight put on the bar for your next attempt. The bar stays at the same weight if you miss. You can then declare what weight you want to take next, and you may change that declared weight twice if desired.

Your Three Attempts

Each competitor gets three attempts in the snatch and clean & jerk on the competition platform. If you miss a lift, you can repeat the weight, but you can't go back down. If you make the lift, you should make a conservative jump for your next attempt, depending on how the previous lift felt.

If you and another lifter declare the same weight, whoever has taken fewer attempts will go first. For example, if it's your opening attempt, but their third attempt, you'll go first. If it's the same attempt for both lifters, the lot number determines who goes first.

You're credited with your best successful lift out of the three you took.

Your best snatch and clean & jerk are added together for your total result. At smaller competitions in the Netherlands we use a Q-point calculator with a correction of 1.536 to female lifters to compare scores.

At Dutch Strength our [ranking](#) is based on the most lifts awarded as "good-lifts" and Q-Pts after this.

If you can't make one of your snatches or jerks, you've "bombed out" of the meet since you can't register a total. If you bomb out in the snatch, you may still partake in the clean & jerk portion of the meet.

Competition Rules & Regulations

There are a lot of tiny and specific rules in the sport of weightlifting. For a comprehensive overview, you should refer to the [International Weightlifting Federation's](#) (IWF) Technical Rules & Regulations [manual](#). That said, here are a few of the big ones you should be aware of:

White & Red Lights

There are three judges at a weightlifting meet. These people can award you either a white light or red light. In order for your lift to be white-lighted, or considered a successful lift, it must be caught and held still with two straight arms. Once you bring your feet back together, you have to wait for the “down” cue from the center judge.

There are many reasons that your lift can get a red light or be invalidated. Some examples include:

- If you drop the barbell before the down signal is given.
- If a part of your body other than your feet touches the platform.
- If your elbow bends at any point in the catch, or if there's a secondary pressing motion of your arm.
- If you drop the barbell behind you.
- If your elbow touches your knee in the clean.
- If you don't maintain your grip on the bar until it passes shoulder height when dropping it.

Your Outfit

Proper competition attire is a singlet, which is a one-piece compression garment. Singlets are made of stretchy material that must be tight to your body. You can wear leggings and a shirt under the singlet, but your clothing must not cover your elbows.

At Dutch Strength club competitions we also permit normal sport outfits, but the trunk should be completely covered.

The Equipment

Lifting equipment such as wrist wraps, knee wraps or sleeves, belts, and lifting shoes are permitted in competition. There are no specifications for wrist wraps or knee coverings, but your lifting belt must not exceed 12 centimeters in width.

You cannot use lifting straps or gloves in competition. You can wear thumb tape, but it must not fully cover the top of your thumb.

Tips for Success

If you've made it this far, you're almost ready for your first meet. Don't miss these important tips for making sure everything goes just right.

Come Refreshed

Prepare for hitting your heaviest lifts on meet day by taking the intensity down right before the meet. Weightlifting programs typically include a "taper" on meet week, which is a deload period of increased recovery and lower strain. Since you've been training hard for several weeks or months, you'll feel better than ever on meet day after a relaxing taper. At Dutch Strength we recommend to keep on lifting, but 50-70% volume (nr. sets/reps/exc's) and not lifting in any lifts above 90%.

Plan Your Openers

On meet day, you and your coach get to make the calls. You can put any weight on the bar that you'd like. Since you can only go up in weight with just three attempts, your opening lifts should be strategic and appropriate. This way, you have the best chance of hitting them.

Your opener should be a lift that you can hit consistently. Give yourself room to go up after the first lift so that you can have three successful attempts. For example, consider starting around **90 percent of your recent best**. Test your predicted openers around a week or two out from the meet for extra certainty.

Don't Stress Your Weight

Even though you have to specify a weight class, there's no pressure to fit into a certain one. You should not feel pressured to change your body weight to fit a lower (or higher) class when you're just starting out as a competitive athlete.

When it's time to choose your weight class, start by weighing yourself for a few days in a row to see what your walk-around weight is. Identify which weight class your body fits by default. You should compete in this weight class to eliminate the need to cut weight for your first competition so you can focus on lifting well and having fun.

Stay Fueled

Weightlifting competitions can be long and arduous, so make sure to eat and drink water periodically throughout. Food and drink are always allowed at meets for competitors. Check your body weight the morning of and eat accordingly. You should eat a snack or light meal shortly after you validate your weight with the technical officials.

Keep your body fed appropriately and stay hydrated by drinking plenty of water. Meets are sometimes fast-paced, but can last a long time, so it's easy to forget to fuel your body. Avoid this by planning your food and drink ahead of time.

Your Best Is Yet to Come

If you've made it all the way to the end, congratulations. You're now ready to compete at your first Olympic lifting competition. It's an incredibly exhilarating learning experience, but you won't know just how much you enjoy it until you try.

Your first meet is one of the best experiences of your weightlifting career, something even tenured professionals would agree on. There's no need to wait to sign up for one. The best way to become a competitive strength athlete is to simply take the plunge.

Below is the Dutch Strength gym map with smaller competitions - a map of larger competitions can be found on the [website](#).



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